

Gently ask if any of these ideas feel true. Make new choices and move a bit closer to love.

1 - "I love being loved." (receiving is the goal)

This is an idea about love some of us have held onto since childhood. If we believe this, we'll base our self worth on the approval of others and try to manipulate situations to ensure we get it. If we give "love" in our relationships, we'll do it conditionally and expect to be "loved" in return. We can enjoy a more direct and powerful experience of love is when it moves through us as we give it to another.

New idea: ***I love being love.***

2 - "I have to love myself first." (before I can love someone else)

This implies a misunderstanding about the nature of Love. It imagines it happening between two disconnected individuals, where love occurs first/before and second/after. It's the nature of Love to transcend time, space and the world of opposites. Giving and receiving, in a moment of Love, blesses the giver and receiver equally.

New idea: ***Don't ask, "Is this for me or the other?" Ask, "Is this loving or not loving?"***

3 - "Sex is love."

If we believe this we've confused a physical act with the intrinsic experience of Love. Rape is also sex, but we'd never call it "love". Generously offering ourselves for another's sake produces the love experience. With consensual sex, we enjoy an expansive sense of connection because the act of giving provides an opportunity to soften our edges and extend beyond self consciousness.

New idea: ***Sex is just one of many ways to express a loving connection.***

4 - "If you loved me you would..."

This is a belief many of us don't want to admit we have. We want love the way we want it. We've written our "perfect guy" list, made our vision board, and now we want the Universe to produce. Our specific expectations dictate how we imagine Love, and we won't recognize it unless it shows up a certain way. How about instead we assume that God/Love has a much larger imagination than we do, and begin to appreciate the many ways It may be showing up.

New idea: ***I trust that I'm receiving love in every moment. I need only recognize it.***

5 - "Love hurts."

This is what many of us conclude when our efforts at loving relationships are unsuccessful. We think we're longing for a loving connection when actually we're longing for someone to fill our empty places. Looking to someone else to produce a sense of loving connection is ultimately the cause of our disconnect, and disconnection hurts. Access to Infinite Love is available to each of us. Yep. It's up to us to go inside and find it.

New idea: ***Love is peace, joy and beauty all rolled into one and it's up to me to choose.***

We are all of us already Loved and already Love. We're just on our way to remembering!